

> 08 Diabetes champions



> 14 Improving services



> 27 New art in Forest Gate



# the newham mag

issue 325 // 25 September – 8 October 2015 // Every fortnight



**Everyone  
working  
together**

**Police team tackling  
hate crime (p12)**

# **£50m** That's how much the council has to save next year

Due to deep Government cuts and other cost pressures, we need to save £50m from the amount we spend next year.

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Newham's strength lies in its diversity, and our police service are doing their utmost to recognise and support all of our borough's communities, and to get residents and police officers talking to one another (p12).

Communication is also vital in council services. Find out how co-production is putting residents at the centre of the services they use (p14), and how to get in touch with volunteers who are fighting the battle against diabetes (p8).

We are working with the police to help you protect your property (17), making recycling easier than ever (p23), celebrating a beautiful public art work (p27) and asking for your help to catch those who seek to spoil our neighbourhoods (p29).

Newham is a fast-changing place, but we will never forget our history. This month marks the 75th anniversary of the Battle of Britain, and we are proud to honour the sacrifice of those who served (p18).

*Councillor Jo Corbett*  
*Cabinet Member for Equalities*

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## IN BRIEF //

### Have your say on station plans

Residents can have their say on how £2 million is spent on improving the environment outside Forest Gate Station as part of the Crossrail scheme.

Newham Council has secured funding to deliver significant public realm improvements in the area outside the station entrance. It could cover anything from parking and CCTV to lighting and trees. A consultation exercise is being held to develop ideas. Leaflets and questionnaires are being sent to more than 10,000 homes and businesses in the area. Comments must be returned by 20 November.

You can email observations to [newhamcrossrail@newham.gov.uk](mailto:newhamcrossrail@newham.gov.uk) or for more information visit [www.newham.gov.uk/crossrail](http://www.newham.gov.uk/crossrail)

### Some Taxicards cancelled

London Councils has cancelled the membership of 451 Newham residents who are part of the Taxicard scheme and have not used their card for more than two years.

The scheme offers subsidised transport in taxis and private hire vehicles for people who have serious mobility impairments.

Those who wish to reapply for the scheme they can email [taxicard@londoncouncils.gov.uk](mailto:taxicard@londoncouncils.gov.uk) or call the Taxicard helpline on **020 7934 9791**.

### Join watchdog panel

Healthwatch Newham, the organisation that makes sure residents' views on health and social care services are heard, is looking for people to join its Patient Experience Panel.

The panel meets once a fortnight to consider the views of service users and then presents them to those who plan, buy and manage the services. If you wish to be considered for the panel email [darren.morgan@healthwatchnewham.co.uk](mailto:darren.morgan@healthwatchnewham.co.uk) or call **0207 473 9519**.

## School on song for champions

The famous New Zealand All Blacks were officially welcomed to Rugby World Cup 2015 in a ceremony at the Tower of London that included a performance

by the choir from St Angela's Ursuline School in Forest Gate.

The ceremony featured speeches from All Blacks coach Steve Hansen and captain Richie McCaw. The choir from St Angela's performed a rendition of World in Union.

The school was selected to take part in the welcome ceremony following an application process that saw 120 schools nationwide ask to take part, but only 20 were selected. The ceremony also saw players and team officials presented with participation medals and caps.

Mayor Sir Robin Wales said: "St Angela's did Newham proud in welcoming the current Rugby World Cup champions. These exceptionally talented children saw off some very tough competition to be able to do so."



St Angela's choir in action

## Rugby prize is just the ticket

Lucky Beckton resident Chris Stacey is off to see the prestigious Bronze Final during Rugby World Cup 2015 after winning a competition for a pair of tickets to the match.

Chris correctly identified that Martin Johnson was the captain when England won the Tournament in Australia in 2003. He received his prize from Councillor Ian Corbett, Newham's mayoral adviser for environment and leisure.

The competition was published in the Newham Mag in August and was organised to celebrate the launch of the ParkLives summer programme, run in association with Coca-Cola.

The free programme took place over five weeks in a dozen Newham parks in July and August. It featured more than 900 scheduled sessions in 30 different activities and included outdoor sports like rounders, tennis and yoga, and others such as DJ sessions, family hula fitness and Bollywood dancing. Councillor Corbett said: "We hope Chris enjoys the game."



Cllr Corbett, right, with Chris

## Many hands make light work

New LED street lights in the borough are being installed by the council's in-house Repairs and Maintenance Service (RMS).

In recent years the team has branched out from maintaining the borough's housing stock and taken on additional responsibilities for repairing the borough's roads and pavements, and now installing new lampposts.

The service recently began their new duties, which are expected to save the council money, installing new lights and columns in the Plaistow area. Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "The Repairs and Maintenance Service has a reputation for providing a good service for both the council and residents. And by bringing the street lighting service in-house the council will be able to make further efficiency savings which is crucial during this period of funding cuts."

The RMS team can also be hired by residents for property maintenance jobs including window and door replacement, kitchen, bathroom and roofing repairs. To request a quote call **0800 952 5555**.



Cllr Corbett meets the team in action

## Debate is so healthy

More than 50 residents gathered at Plaistow Library for a healthy debate on the services that are being offered by healthcare providers across the borough.

The discussion was hosted at Plaistow Library by Plaistow's Community Neighbourhood team on behalf of Barts Health NHS Trust and the Newham Clinical Commissioning Group. Speakers included Councillor Clive Furness, Newham's mayoral adviser for adults and health; Alwen Williams, chief executive of Barts Trust; and members of the CCG. Plaistow councillors also took part in a question and answer session.

Councillor Furness said: "It was an opportunity for residents to be updated on the healthcare services they receive and offer feedback to health bosses about their experiences. Only that way can we all deliver better health outcomes and identify areas for improvement."



Councillors, health chiefs and residents

## Proposal to put brake on reckless racers

Newham Council is proposing to introduce a Public Space Protection Order (PSPO) in designated areas to tackle reckless riding and dangerous driving by motorbikers and car racers.

If introduced, the PSPO will help the council enforce against illegal street racing and anti-social motor vehicle use. It would set out a number of conditions for riders and drivers to comply with.

The proposed order covers parts of Beckton, Custom House and the Royal Docks. It would prevent riders and

drivers entering the areas between 8pm and 6am for the purpose of taking part in or watching illegal street racing. If introduced, anyone who breaches the order may have to pay a £100 fine.

Residents are invited to take part in a public consultation to gauge views on the proposal. Visit [www.newham.gov.uk/pspo](http://www.newham.gov.uk/pspo) to complete a short survey. All comments must be in by 8 October.

# Creating a new business district

The arrival of the Financial Conduct Authority (FCA) in Stratford is great news for Newham. I was pleased to welcome them to the borough last week when I attended a ground-breaking ceremony on The International Quarter in Queen Elizabeth Olympic Park.

Newham is an increasingly attractive option for businesses to establish their headquarters and the FCA is one of a growing list of companies choosing to make the area their base. Earlier this year, TfL announced that they will also be moving to the same site. As more organisations move to Newham, I look forward to watching the area develop into London's newest business district.

**"I look forward to watching the area develop into London's newest business district"**

It has not been easy getting to this stage. We have had to fight for the infrastructure necessary to create an environment which is a great place for business. Because of our hard work, Stratford is now one of the most well connected places in London and by 2018, there will be 10 different train and rail lines running

into the station with 195 trains an hour.

Alongside these great transport links, we have a growing cultural offer and we are also committed to developing a business friendly environment where local government works with employers rather than setting up barriers. We have done this by making sure our services respond to the needs of the business community, minimising unnecessary regulation and ensuring that processes like planning applications are as speedy as possible.

Most importantly, we want to ensure local residents benefit from

these opportunities. Workplace, our successful job brokerage service, can help businesses in the borough get the well-trained employees they need. We can also offer training and support to local people so they have the necessary skills to access these jobs. Since 2007, we have supported more than 27,000 Newham residents into new jobs with businesses praising the service for providing a talented pool of prospective candidates.

I look forward to working closely with the FCA when they move into their new offices and helping them to realise the potential they have seen in Newham.



With staff at the ground-breaking



## Mayor's view

# Responding to the refugee crisis

Like many other Newham residents I have been deeply touched by the plight of the refugees coming to Europe. These are people who have lost loved ones and left their homes and livelihoods with nothing. This is the largest refugee crisis Europe has faced since the Second World War, and it has quite rightly dominated the headlines.

We are ready and willing to play our part in the national drive to resettle refugees and help provide the support they need to rebuild their lives and integrate into our local communities. We are still waiting to discover how the Government are planning to take this forward.

**“We are looking at ways we can harness this spirit to help support those refugees arriving in Europe now.”**

However, this is a borough that has a rich, proud and positive history of community spirit and we are looking at ways we can harness this spirit to help support those refugees arriving in Europe now.

I know many people will want to play their part in this and join with us in showing their emotional solidarity. Through our eight community neighbourhood teams – who are at the forefront of our work to bring local people together – we are looking at ways we can work with local residents to develop a range of activities to raise funds to support the refugees.



At last year's Connecting Faiths – Building Communities conference



Bringing people together and harnessing community spirit

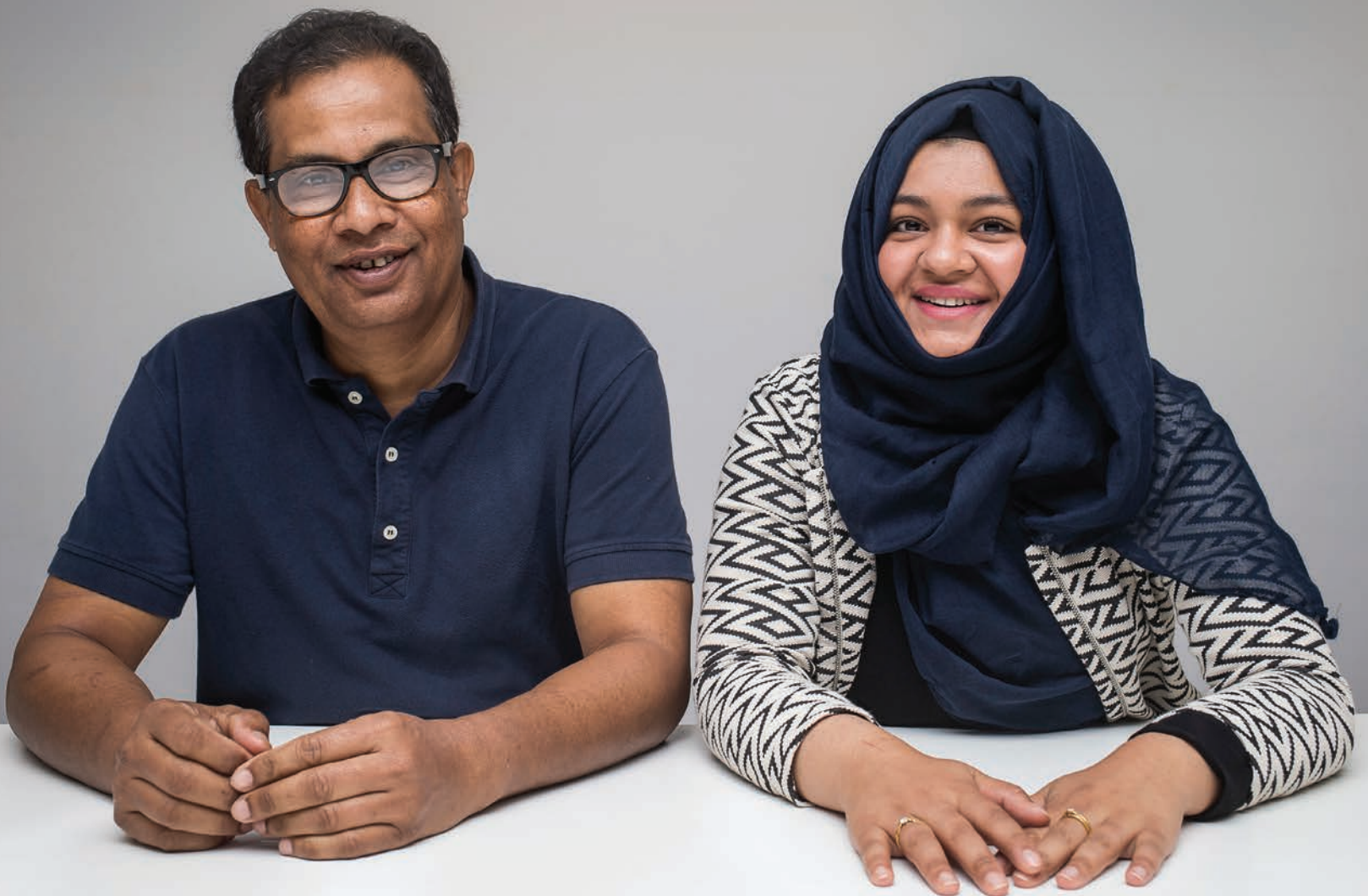
This would ensure our local communities are at the heart of any events, which will also help highlight the plight of the refugees. We will also be looking to work closely with businesses and faith groups and seeking to encourage a range of partner organisations to play their part.

I am sure many people and organisations will also want to stage their own events to support our fund raising drive and we are looking at how we can help support them. Once all of this is finalised we will ensure people are made fully aware how they can get involved.

# with Sir Robin Wales

# We are the champions!

**Diabetes is a growing health problem. If not managed properly, it can lead to complications including blindness, kidney failure and amputations of toes and feet. In Newham, more people than the national average are developing diabetes. There are currently more than 23,000 people living with diabetes in Newham, and around 2,000 people are newly diagnosed every year.**



Nilima and her dad Sirajul

NHS Newham Clinical Commissioning Group, in partnership with the leading charity Diabetes UK, has set up the Diabetes Community Champion scheme, training volunteers to raise awareness of the condition and to promote effective health management. The Champions organise events, support people with Type 2 Diabetes – the more common form of the condition – signpost services and share healthy lifestyle tips.

**“We learned about how to provide support, lifestyle tips and advice on how to manage diabetes.”**

Nilima Islam, 21, lives in Forest Gate and is a Diabetes Community Champion. Fifteen years ago, Nilima’s father noticed he was feeling tired frequently, and visited his GP who diagnosed him with Type 2 diabetes. His management of the condition inspired Nilima to apply to be a

Diabetes Community Champion.

She says: “I work for Community Links as a health outreach worker, so it is an area I am concerned about, but I decided to volunteer as a Diabetes Community Champion because my father is diabetic and I wanted to share our experiences.”

Those people accepted onto the scheme undergo training developed by Diabetes UK. Nilima found the experience helpful, saying: “It was great! We learned about how to provide support, lifestyle tips and advice on how to manage diabetes.”

Nilima raises awareness of Type 2 diabetes at local events, community centres and places of worship. The role also includes inviting doctors and nurses to talk about diabetes and telling people about the NHS services.

Nilima sees her role as supporting the work the NHS does, and says: “The NHS can’t prevent and manage diabetes by itself – it needs Champions to help. I know what services are available to people in Newham, and can offer lifestyle tips as well

as take feedback about services back to the NHS. For example, if I meet someone is who over 50 and feeling thirsty a lot, I advise a free Health Check. In addition, I can tell people about the structured education provided in Newham, and about sessions that provide them with advice and information.”

**“You can help change someone’s life, while networking and getting to know new people.”**

She is passionate about the difference that the scheme is making, and she added: “If you want to make a difference, this is a role that can help you achieve that. You can help change someone’s life, while networking and getting to know new people. The scheme is great, especially if you are in employment or a student, as you only need to attend or run one event per month.”

## Frequently Asked Questions

### **How would I know if I have Type 2 diabetes?**

Some patients with diabetes get symptoms of passing too much urine, feeling constantly thirsty or losing weight. However others get few or no symptoms and are found to be diabetic only on blood testing through their GP or at an NHS Health Check. If you are concerned, speak to your GP surgery.

### **Is there anything I can do to prevent getting Type 2 diabetes in the future?**

Eating healthily, and keeping fit

and active are important, as being overweight dramatically increases your risk of developing diabetes.

### **I already have Type 2 diabetes. What I can do to manage my condition?**

A healthy diet and being physically active are key to the management of diabetes. Activity provider activeNewham offer fitness services and your GP surgery can refer you to them if needed. There is also structured education available, provided in a host of languages –

your GP surgery will have the details. Medication is often prescribed to manage the condition. Some patients will also be recommended to monitor their glucose at home in order to manage the condition.

### **I have been told I have pre diabetes, what does this mean?**

This means that you are not yet diabetic but your body is beginning to lose control of its glucose level. You should act now to prevent diabetes developing. Your GP surgery will assist you further.

**If you would like to speak to a local Diabetes Community Champion, contact your local Community Neighbourhood Team: [www.newham.gov.uk/communityneighbourhoods](http://www.newham.gov.uk/communityneighbourhoods)**

**For a Diabetes Information Pack in English, and an audio guide, visit [www.newhamccg.nhs.uk/services/diabetes-in-newham.htm](http://www.newhamccg.nhs.uk/services/diabetes-in-newham.htm)**

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# Newham's **future entrepreneurs**

**When Newham's Young Mayor Yaseen Bux, 16, was elected last year, one of his manifesto promises was to make Newham a more enterprising borough for young people. Along with the Youth Council, the Young Mayor has developed the Newham Young Apprentice programme, which has provided a fantastic opportunity for young people in Newham to create, develop and deliver their own business ideas.**

Those who took part in the programme were given two days to develop their ideas, before attending a Dragons Den-style event at HSBC in Canary Wharf where their ideas were tested, before they sold their products at Stratford Outdoor Market.

Participants were put into groups of five and given £100 per group to source their own resources. Just like the TV show *The Apprentice*, young people were given three hours to visit Stratford Shopping Centre, Westfield Stratford City and the Stratford markets to purchase their resources. On market day young people were able to keep the profits they made on the day and the winning team were crowned Newham's Young Apprentices.

This year's entrants wares included art work, 'sweet kebabs', customised candles, face-painting and flavoured popcorn. The winning team were Team Synergy, who sold customised candles and made a total profit of £82.49. Each member of the winning team were granted a mentor for the year to help with their personal development. The mentors included young entrepreneurs, solicitors and Newham Council officers.

As well as hard work from the Young Mayor and Youth Council, the programme was also supported by Participation People, who facilitated the workshops, celebration event and providing the mentors, and HSBC and the East London Business Alliance, who facilitated the

Dragons Den event.

Yaseen said about the scheme: "There is nothing I believe in more strongly than getting young people interested in business, and opportunities like the Newham Young Apprentice allow young people to develop team and business skills, helping them to excel in the future."

**"Opportunities like the Newham Young Apprentice allow young people to develop team and business skills, helping them to excel in the future"**

.....

# Our door is always open

**Douglas Waterman is a Police Community Support Officer (PCSO), posted to the Safer Neighbourhoods Team in Manor Park. In the course of his job, he provides regular contact with the community, patrols anti-social behaviour hotspots in the area, helps to organise ward meetings with residents and updates the community on police work. In March, he also became a member of Newham's LGBT (Lesbian, Gay, Bisexual and Transgender) team.**

Douglas said: "There are three main functions of the LGBT team. Firstly, we provide support to victims of hate crime. If someone is the victim of a hate crime, we contact the person, arrange to visit them, and can put them in touch with support groups. Secondly, we act as a contact point for staff in the police service who may have issues related to their sexuality or gender identity. And thirdly, we reach out to the wider community. There are a number of ways that we open lines of communication and get involved in all ethnic and faith groups in the borough."

**"Officers are getting to know who we are and how we can help, and we can work together to help support victims of crime"**

As part the team's aim to encourage more conversations about LGBT issues in the area, Douglas and his colleague Jez Briggs, who also joined the team in March, have been organising dedicated surgeries. These meetings bring together police officers, members of the public, and dedicated LGBT support groups.

Douglas said: "We have held two surgeries so far, and are arranging a third one to take place in October. It's important that we keep officers informed about issues, and to let the public know what services are available to them.

"Exactly who will attend the next surgery is still to be confirmed, but in our previous surgeries we have had speakers from Imaan (LGBT Muslim support group), Sarbat (serving the Sikh community), as well as Broken Rainbow, who work with LGBT victims of domestic abuse. We've also had conversations with LGBT support groups for Jehovah's Witness and Mormon communities. Newham is the most diverse borough in London and you get LGBT individuals in all the communities, but not everyone is aware of what support is available."

Douglas has worked as a PCSO in a variety of places in Newham for more than 12 years. Over this time, he has seen the potential for the Metropolitan Police to have ongoing conversations with both the communities it serves, and also with its own staff. He said: "I wanted to get involved with this team so I could raise the profile of LGBT issues within the Met, and the wider community as well. There may be some suspicion and distrust of how

police support the LGBT community but my team are here to say we support you."

Having started conversations with community groups, Douglas can see that things are improving. He added: "I have not seen many hate crimes reported since taking up my post in March, but I don't think these things are always reported at the moment. These surgeries and our approach are part of an ongoing process to build trust between the police and the community. Tony Nash, the Borough Commander has been very supportive of us, and there's now a board up in Forest Gate Police Station with our faces on, so officers are getting to know who we are and how we can help, and we can work together to help support victims of crime."

**If you are a victim of hate crime, dial 999. To discuss issues in confidence, email Douglas. Waterman@met.pnn.police.uk. The next LGBT surgery will be held at Little Ilford Police Station, Parkhurst Road, Manor Park, London E12 5QU on Wednesday 7 October at 6pm.**



Douglas (right) with colleague Jez Briggs (left)



Angus McKenzie-Davie

# Having a say is a co-production

**Newham Council is putting customers at the heart of important decisions about social care, so that services meet the needs of residents and are accessible to those who need them. We call this co-production. Angus McKenzie-Davie is a customer of social care services as well as the Co-Chair of Newham's Co-Production Forum (Adults).**

## **When did you start getting involved in co-production?**

"In 2011 I got involved with a group dealing with the future of the Greenhill Centre for disabled adults. As part of that process I spoke to the council who were keen to get more input from customers about adult social care services. For us, the forum is a place where representatives of adult social care customers can meet with council officers to consult about the important things that affect us.

## **Why is the process so important?**

"Co-production is important to me because I represent adult social care customers and therefore we want to have a say on how services are delivered. We get to have a voice on important decisions that affect care services, and to me that is important at a time when council services are being stretched due to Government cuts.

## **Tell us about some of the projects you have worked on.**

"I've worked on a wide range of issues and learnt a lot from co-production. For example, I've recently been involved in something called the Micro-enterprise Project, part of which is about helping entrepreneurial disabled people to find meaningful and sustainable employment by setting up their own business. It's a really exciting project and one that I was proud to be a part of.

"The project has helped lots of people, but one person who stands out for me recently is Angel, someone who sought support from the Micro-enterprise project

after a period of mental ill health. He received business advice and applied successfully for a micro-enterprise grant, and he is now practising as a self-employed osteopath with a growing customer base.

## **As a person with disabilities living in Newham, how has co-producing council services impacted on your life?**

"Being a voice for disabled adults has increased my understanding of disability-related issues, both from the point of view of social care customers and that of the council.

"For example I now have an appreciation of the kinds of issues faced by people with a visual or hearing impairment, people with learning disabilities and older residents.

"I feel that the co-production process is helping to create more trust between the council and customers: people who need support can be assured that someone is fighting their corner for them, and the council can feel confident that they're doing the right thing by involving representatives of customers. Of course, we don't always see eye to eye but that's the point!

"More practically, there is a Reward and Recognition policy in place for people who take part in co-production. People are rewarded for their time and input. It's not a lot of money but, as they say, every little helps!

## **What do you enjoy about co-production and what are the challenges?**

"The most enjoyable aspects of being

involved in co-production in Newham is meeting and working alongside residents interested in helping redesign services, and working alongside officers in designing those services.

"There are many challenges going forward. One of the main ones is to help customers understand that many of the present cuts stem from central Government. Everything isn't always the council's fault. In some areas we need to organise our protests nationally against the Government, whose programme of austerity is punishing vulnerable people.

"Also we need to help residents understand the difference between consultation and co-production. Co-production is about developing services in a genuinely collaborative way. Consultation is about getting opinions from the people who count and making decisions based on that feedback – which is good, but not as inclusive as co-production.

## **Is there anything you are particularly proud to have worked on?**

"I'm proud of all the projects that I've been involved in. But mostly I'm proud to help represent the people in our community who are less heard, and to be part of a cohort of activists seeking to improve the welfare of those most at risk within it."

**To get involved or for more information about coproduction and adult social care services visit [www.newham.gov.uk/coproduction](http://www.newham.gov.uk/coproduction) or email [Selma.Ghouse@newham.gov.uk](mailto:Selma.Ghouse@newham.gov.uk) or call 020 3373 8563.**

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# GET SMART ABOUT PROTECTING PROPERTY

**Newham Police working with Newham Council have launched a new forensic property marking system to help local residents reduce burglary. The MetTrace programme, in partnership with SmartWater, sees 3,868 homes in Newham receive a free security marking kit, to help protect their property.**

The kits contain an invisible solution that allows owners to mark their possessions with a unique forensic code and to display warning stickers to deter burglars. This code can then be viewed under UV light and used by the police to trace the items should they ever be stolen and to link suspects to crime scenes.

At a launch at The Gate Community Neighbourhood Centre, police Safer Neighbourhood officers demonstrated the SmartWater kits and provided crime prevention advice. Chief Inspector for Neighbourhood Policing in Newham Shabnam Chaudhri said: "The delivery of SmartWater kits in targeted areas will have a significant impact on burglary reduction and other crimes in Newham.

Those who commit crime are frightened of this technology, but we can't make this a success without you. When my officers come to your home, I ask that you sign up and protect yourself and your neighbourhood.

"If you're not home we will put MetTrace cards through your door. Please don't throw them away. They have our contact details so that we can visit at a time that's convenient for you."

To deter potential burglars MetTrace signs are being installed in streets to show that residents have been using SmartWater technology. During a recent trial of MetTrace across five London boroughs, burglary rates reduced on average by 49 per cent, and more than

half of residents involved in the pilot said they felt safer after they used the liquid in their homes.

The MetTrace scheme is supported by Newham Council. Councillor Unmesh Desai, cabinet member for crime and anti-social behaviour, said: "I welcome this initiative which is part of a fight back against opportunist thieves who target our residents. Being burgled is a horrible experience. Through MetTrace fewer residents should become victims, but if they do there's more of a chance that they will get their items back by using SmartWater."

**For more information call 07917 068 121 or email [mettrace-missedyou@met.police.uk](mailto:mettrace-missedyou@met.police.uk)**

# Remembering o

During the summer and autumn of 1940, German and British aircraft waged a three-month battle over the skies of England - The Battle of Britain - as Hitler's forces tried to pave the way for an invasion of the British Isles. After several weeks of air battles, the Luftwaffe's campaign came to its peak as they launched their largest attack against London on Sunday 15 September 1940, in what has become known as Battle of Britain Day. We look back at that day 75 years ago.

Around 1,500 aircraft took part in the air battles, which lasted from morning until dusk of that day. Cloudy weather meant that the Royal Victoria Dock was generally spared damage, but the County Borough of West Ham suffered its fair share. Three square miles, defined to the north by the District Line, to the west by the River Lea, to the east by Plaistow Marshes (now the western side of Custom House) and to the south by Royal Victoria Dock, was heavily bombed, and nearby Bromley-by-Bow gasworks was hit.

Upton Park Tube station was also hit and an electric sub-station was hit causing a blackout. According to the official records, 17 people were killed, or died of wounds sustained in the attack. Another 92 were seriously injured, while 40 were slightly injured.

This decisive day swung the Battle of Britain in favour of the RAF, and Hitler's plans to invade on land - Operation Sealion - was postponed indefinitely. This did, however, signal the beginning of The Blitz, in which more than 18,000 tons of high explosives was dropped on London.



# ur finest day

## Newham's Battle of Britain hero

Squadron Leader Mahindra Singh Pujji was an Indian pilot who flew Hawker Hurricanes during the Battle of Britain, and was later named an Honorary Freeman of the Borough of Newham. During his career he also flew combat missions in Europe, North Africa and the Middle East during the war. He survived several crashes and was later awarded the Distinguished Flying Cross for services in Burma.

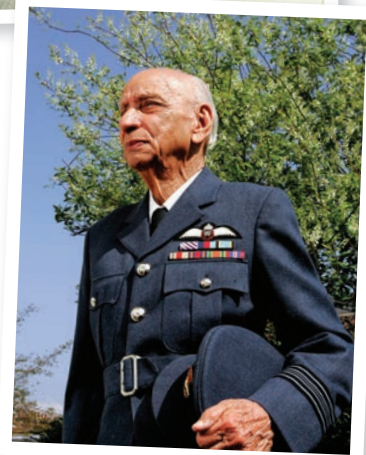
Mr Pujji was born in Simla in Northern India in 1918. He received a law degree from Bombay University, and went to work for Shell. In 1937 he qualified as a pilot and in 1940, aged 22, he volunteered to serve with the Royal Air Force in Britain. Of the first 24 Indians who volunteered for the RAF – only seven were selected as fighter pilots. He insisted on wearing his turban at all times and is probably the only Sikh fighter pilot to have done so.

He was sent to England for training and was posted to No. 253 Squadron RAF, flying Hurricane fighters. The Hurricanes equipped with 12 machine guns, were flown day and night, to intercept German bombers and

reconnaissance aircraft. His first action was over France. He was later attached to No.43 Squadron, flying Hurricanes and then Spitfires from RAF Martlesham and was promoted to Flight Commander. His duties included fighter sweeps over occupied Europe; low-level attacks on enemy targets and fighter escort to RAF bombers.

Squadron Leader Pujji returned to India after the war to work in civil aviation, flying Boeing 707s for Air India. He moved to England in 1974 where he became an Air Traffic Controller. He moved to East Ham after his retirement and became an active member of many voluntary groups in Newham. In 2000, he was made an Honorary Freeman of the Borough of Newham. The 92-year-old Battle of Britain hero died on 18 September 2010.

"Pilots always knew when they took off there was a chance they would not return," said Mr Pujji. "At dinner time there would always be one or two of the squad missing, but I was not afraid."



You can learn more about Newham's history from the Archives and Local Studies Library in Stratford. For more information email [archiveslocalstudies@newham.gov.uk](mailto:archiveslocalstudies@newham.gov.uk) or call 020 3373 6881.



Newham in pictures



**1** Newham's Indian summer! Traditional dancers perform at the Green Street Festival, E7. **2** Hands in the air like you just don't care! Kids get active at the Forest Gate Arts Trail, E7. **3** A wheely good time! A new inclusive cycling programme gets people moving in Queen Elizabeth Olympic Park, E15. **4** Stephen Timms, MP for East Ham, visits Wise Owls Learning at Salisbury Primary School, E12. **5** Painting the town red. A young artist enjoys a workshop on the Forest Gate Arts Trail, E7

## Is your child due to start primary or secondary school in September 2016?

**Secondary:** Children born 1 September 2004 – 31 August 2005

**Primary:** Children born 1 September 2011 – 31 August 2012

### Apply online, to apply on time.

- It's **safe** and **secure**
- Automatically get entered into the **prize draw** to get help in buying your child's school uniform\*

For more information about school admission:

[www.newham.gov.uk/schooladmissions](http://www.newham.gov.uk/schooladmissions)

020 8430 2000

\*Prize draw terms and conditions: All online applications will be automatically entered into the prize draw. Only one entry per application. There is no charge for entering. There is no cash equivalent for the prize (vouchers will not be provided). Decision of the award of prizes by the council is final. Winners will be required to take part in PR and have their photograph taken.



From  Public Health England

# This is your Stoptober

Newham London

#### Did you know?

From 1 October 2015 it will be illegal to smoke in any vehicle with someone under 18 present. With one less place to smoke, there's one more reason to quit.  
[www.gov.uk/smokefreecars](http://www.gov.uk/smokefreecars)

sign up today



## Get free support to quit smoking for 28 days and beyond

**Stoptober**

For support in Newham speak to your GP, local pharmacy or visit  
[www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

Simply search **Stoptober**

Get involved  /stoptober  @stoptober

# RECYCLING PLASTICS IN NEWHAM

**If every household in Newham recycled one more plastic bottle it could save enough energy to power a hospital for two weeks!**

In Newham, we collect all types of plastic bottles through our recycling collections including those for water, fizzy drinks, milk, washing up liquid, cooking oils, shampoo, body lotion, bleach, shower gel, handwash and even plastic bottles for fabric softener and spray pump cleaning products.

The plastic bottles we collect in Newham can be recycled into football shirts, fleeces and other plastic packaging products.

Once collected, the plastic bottles are separated from the other recycling at a local facility in Beckton. Hi-tech devices do this by using streams of light to detect the different kinds of plastic as the items pass by on conveyor belts, and when they see a plastic bottle an air jet is automatically

fired at the item to make it jump onto a different conveyor belt. The plastic bottles are then wrapped into large bales so that they can be sent off to be recycled.

Unfortunately dirty items can cause problems with this process so we ask that you give bottles a quick rinse or dunk in your washing up bowl if they contained oily products.

We cannot accept any other plastic items for recycling, so things like fruit punnets, yoghurt pots, margarine tubs and meat trays need to be put into the rubbish bin. They won't go to landfill after we collect them, and are instead turned into a type of fuel that is used as a cleaner alternative to coal in energy plants and cement kilns.

## Top tips

- > Trigger and pump spray lids should be removed and put in your rubbish bin as they cannot be recycled.
- > Oily bottles should be rinsed out before being placed in your recycling collection
- > You can squash larger bottles to save space in your recycling collection

**Your recycling collections are really making a difference but did you know you can recycle even more when you collect items from around your home?**

**Find out what happens to your recycling at [www.recyclenow.com](http://www.recyclenow.com)**

**For further information about recycling collections in Newham visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)**



# Who would live in a house like this?

On a quiet side street in Forest Gate, work has recently been completed on a new home. However, Courtyard House, designed by the East London architect firm Dallas Pierce Quintero (DPQ), is no ordinary house.



This 95 square metre, timber-framed two-bedroom house is built around four courtyards, and is almost entirely open plan. Despite being squeezed into a former builders' yard, the architects have created a spacious home with a garden, cycle store, two bedrooms and spacious living area, and named it Courtyard House.

Dallas Pierce Quintero is run by Jonathan Dallas, Juliet Quintero, and David Pierce. The three founded their company in 2009, and work both as architects and creating public art projects all across the country.

Jonathan explained some of the challenges of creating a home in such a small space. He said: "The house is very close to its neighbours, and we needed to protect the daylight enjoyed by the homes next door. We've used changes in the floor level, and varied the height and geometry of the ceiling to allow light in, and give the impression of more space. The placing of the windows allows the sun in, but also doesn't allow anyone to be overlooked."

**"It seemed like a place that stuff was happening and positive changes were occurring"**

David explained why Forest Gate was chosen for the new house. He said: "My client was looking for a site in many places all across London. When he and I first visited this site, CoffeE7 had just opened down the road, and if that hadn't been there, I would have been less likely to have recommended that he purchase the site. When I visited Forest Gate for the first time, it felt like a place in transition. When you see that other people care about a place, it sends out a good signal. And with Crossrail also arriving soon, there's a lot of potential in this area. It seemed like a place where stuff was happening and positive changes were occurring."

However, the project was no easy

task, and was a long time in planning. Jonathan said: "We spent more time on the designs and planning than usual, through to the detailed design and then getting approval from Newham Council, who we found very supportive. After that, the construction took around nine months – we had to be sensitive to the neighbours and make sure that building wasn't happening on weekends and in the evenings, so it wasn't rushed."

**"When you see that other people care about a place it sends out a good signal."**

Having got the go-ahead to start building, the team had to abide by strict ecological standards. David said: "We had to look at things like water usage, energy usage, and the materials we used in construction. There's underfloor heating cast into concrete, which is a low-energy source of heating, and there's a lot of insulation which is very energy efficient, and there are also solar panels on the roof. The house also has smart meters and low water usage taps. In theory it shouldn't cost much to heat and power the house, and it's good from an ecological point of view. When it was a builders' yard, this area used to be all concreted, but now we've removed that, rainwater can drain away much easier, which is what you want in a densely-populated city area."

Courtyard House has now been recognised with three major awards, including winning the Royal Institute of British Architects' prize for London Best Small Project 2015.

**If you need help with planning or building design matters email  
ENV-dutyofficer@newham.gov.uk  
or call 020 3373 8300**

## Older People's Day

1 October 2015

Newham London

# BE ACTIVE, BE SAFE

An event that celebrates the huge contribution older people make in our community.

**Thursday 1 October 2015**

12.30 – 4.30pm

West Ham Football Club Conference Suite  
Green St, London E13 9AZ

**Free  
refreshments**

There will be stalls providing information, help with advice about finance, health, fitness, social care, keeping you safe and more.

Workshops and discussions are also being held by AgeUK, Trading Standards and Metropolitan Police.

To book a place and for more information contact  
**020 3373 2877** or email **CHsocialcare@newham.gov.uk**



Newham London

## Save time when you do it online



We are making it easier for you to reach and do business with us. You can now access information and services at a time that suits you, 24 hours a day, 7 days a week.

**[www.newham.gov.uk/doitonline](http://www.newham.gov.uk/doitonline)**

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.



East London **NHS**  
NHS Foundation Trust

## World Mental Health Day Theme: **Dignity**

**Friday 9 October 2015, 11am to 3pm**

**East Ham Town Hall, Barking Road, East Ham, E6 2RP**

**Come and join us!**

### Numerous stalls

Information will be displayed about statutory and voluntary organisations  
Light refreshments

### Transport Links:

Buses: 104, 238, 5, 58, 101

Tube: District or Hammersmith and City Line to East Ham

### Band playing will be:

Stone Cold Buffalo



[www.facebook.com/stonecoldbuffalo](http://www.facebook.com/stonecoldbuffalo)





# Painting the garden fence

**Just behind the railway lines on Earlham Grove, E7 you can find our borough's newest community garden, where residents have created a green oasis in the middle of Forest Gate for people to get gardening and meet new people.**

Having opened in June of this year, Forest Gate Community Garden launched a competition to design a mural for the garden's fence hoardings. The judges named local artist James Valentine the winner, and this month a group of volunteers and artists have been bringing his artistic vision to life.

James has lived in Forest Gate for 27 years, is a member of the steering group for the recent Forest Gates Arts Trail, and one of his murals can be found on nearby Balmoral Bridge.

Forest Gate councillors Winston Vaughan, Ellie Robinson, Seyi Akiwowo and Dianne Walls OBE joined volunteers of all ages in painting the mural, now the largest piece of public art in the area.

Paint for the project was kindly

provided by the Paint Place, part of Forest Recycling Project, and James Valentine was there to see his design being created. He said: "I have always been keen to work in an artistic way with people in my community, particularly large outdoor murals that enhance the area.

"My designs are based upon contrasting shapes, both mechanical and natural. The Forest Gate Community Garden has been transformed from a building site to a natural landscape and my designs reflect this transition.

"I was very pleased that so many adults and children decided to come and help make this art piece. I sensed a great feel-good factor when the panels were being finished. Many local people have commented that they like it, and I feel we

have achieved something unique here in Forest Gate."

For more information on Forest Gate Community Garden, visit [www.forestgate-community-garden.org.uk](http://www.forestgate-community-garden.org.uk) and to find a community garden near you visit [www.activenewham.org.uk/get\\_growing](http://www.activenewham.org.uk/get_growing)



Artist James, left, lends a hand

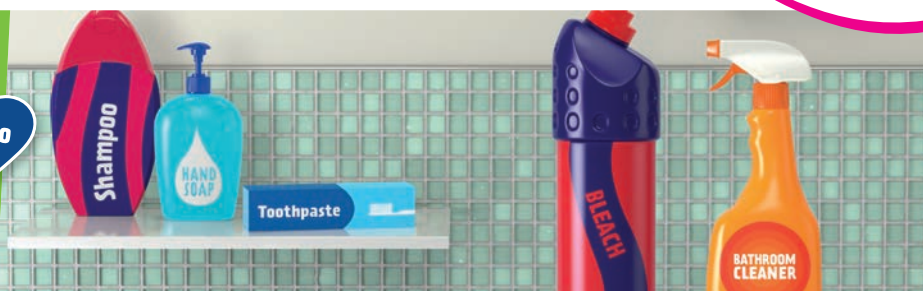
# RECYCLE all of these items

Newham London

## from your BATHROOM

### Top tip:

Remember to **remove** and put **trigger spray** and **pump dispenser tops** in your rubbish bin.



## from your KITCHEN

### Top tip:

**Squash cans** and **bottles** and **flatten boxes** to save space in your recycling.



## from your LOUNGE OR BEDROOM

### Top tip:

Recycle **all** the **newspapers** and **envelopes** from your living room.



If you are unsure about any items or want to check a collection day visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

 **recycle** for London

Newham London

# CONFIRM YOUR VOTING DETAILS

**You have to fill in the Household Enquiry Form by law.**

Every household in Newham has now been sent a Household Enquiry Form. Don't ignore it. You must respond even if all the details are correct and you don't need to make any changes.

If we haven't heard from you, an electoral canvasser will visit your home between 25 September and 31 October.

[www.gov.uk/yourvotematters](http://www.gov.uk/yourvotematters)

**YOUR VOTE MATTERS**  
**MAKE SURE YOU'RE IN**



YOUR DETAILS



## Don't let litterbugs rubbish Newham

Newham Council takes anti-social behaviour very seriously. Fly-tipping and littering are criminal offences and every month we take people to court who have littered, dumped or made a mess in the borough.

Though it is only a small minority of people committing these offences, this behaviour is damaging to our environment and our local communities. We are currently having to spend more than £8 million each year cleaning up fly-tips. In the face of severe Government cuts, the council has to make savings of £50 million over the next year.

Last year we issued more than 3,300 Fixed Penalty Notices (FPNs) to residents and visitors for a range of environment crime offences, including fly-tipping and flyposting, waste in front gardens, littering and illegal street trading. Unfortunately, there are offenders who believe they're above the law and fail to pay their fines.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the picture.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute you, including publishing a photograph of you if we need to establish your true identity. Contact us now to pay your fixed penalty notice, as you may be ordered to pay a far higher price by the courts when you are prosecuted.

### Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement

**Call 020 3373 4479 and quote the reference number beside the picture.**



Ref: 90014525



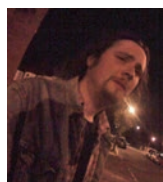
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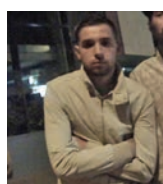
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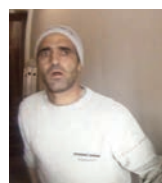
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Ref: 90041256

**Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at [www.newham.gov.uk/MyNewham](http://www.newham.gov.uk/MyNewham) or download the Love Newham app by visiting [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)**

# CAUGHT ON CAMERA

## Newham Swords look sharp

Newham Swords Fencing Club have taken three gold medals and a silver medal at the UK School Games Fencing Event.

Kamal Minott took double gold for England in the individual and men's foil events, while Katrina Feklistova took gold for England in the women's foil team event and silver in the women's foil individual.

The results now mean that Newham Swords Fencing Club has won a total of six golds, two silvers and a bronze from both the Commonwealth Championships and UK School Games – the highest medal tally of any club in the country.

Newham Swords' manager Linda Strachan said: "What an impressive set of results from Kamal and Katrina, following their outstanding performances for England at the Junior Commonwealth Championships." For more information visit [www.newhamswords.org.uk](http://www.newhamswords.org.uk)



## Local Plan consultation

The Local Plan is a set of documents that act as roadmap to tell developers what we expect in Newham. It outlines the council's plans to make the best use of available space and opportunities, and ensures the benefits of development and regeneration spread throughout the borough. We are now consulting for the final time on a new document which, among other things, will:

- protect town and local centres and local shopping parades to keep them within walking distance
- maintain and manage areas for job-generating business uses
- determine 'how many is too many' for nuisance uses like betting shops and takeaways
- require all housing to be designed and managed to a minimum standard of quality
- help ensure neighbours are not unfairly impacted by things like noise or nuisance parking
- protect the borough's green spaces
- identify the sorts of locations suitable for community facilities

To view the Proposed Submission version of the Detailed Sites and Policies Development Plan Document visit [www.newham.gov.uk/planningconsultations](http://www.newham.gov.uk/planningconsultations)

The consultation runs until midnight on Friday 6 November, and comments should be submitted by email to [ldf@newham.gov.uk](mailto:ldf@newham.gov.uk)



## Health and wellbeing coffee mornings

Stratford Library is hosting two free events, so you can pop in for a cuppa and learn how you can improve your health and wellbeing.

The events are taking place between 10.30am and 12noon on the following dates:

- Thursday 8 October
- Thursday 12 November

The Health and Wellbeing Coffee Morning at Stratford Library and The Grove, E15 1EL offers you a chance to meet other local people and find out more about what's going on in your community.

Free activities and services on offer include Health MOTs with blood pressure and BMI checks, presentations from community services that can help improve your health, sports and fitness sessions. You can also get involved in your local area with volunteering opportunities. For more information call **020 3373 0826**.



## World Mental Health Day

Newham celebrates World Mental Health Day with a fun-filled and informative event in East Ham Town Hall on Friday 9 October. This year's theme encourages conversations around dignity in mental health.



East London NHS Foundation Trust provide a range of talking therapies and support.

Psychotherapy can help people to deal with difficult or stressful experiences. It can help you to manage the way you think about things and approach challenges situations and to consider alternative actions if thoughts of suicide arise. You can ask your doctor to refer you to the service or contact them directly by calling **020 8536 2161** or visiting [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)

## Keep young over 50 in Forest Gate

A free weekly club at Field Community Centre in Forest Gate is helping to keep older residents young at heart. All are welcome and encouraged to attend to try fun activities and meet new friends.

You can find out about events and services in Forest Gate, and can enjoy a range of things to do, including:

- Healthy living advice
- How to use an ipad or tablet
- T'ai chi
- Craft workshops
- Table tennis

Refreshments are provided.

Forever Young meets every Wednesday, between 10.30am and 12.30pm, at Field Community Centre, 147 Station Road, E7 OAE. For more information please contact Jacqui Pringle on [Jacqui.Pringle@newham.gov.uk](mailto:Jacqui.Pringle@newham.gov.uk) or **07812 675 187**.

# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry

## GALLERY



Shakira Kandikore White, 10



Saffah Haider, 9



Tahira Ahmed, 9



Niladri Kar, 4

## Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



## Colour-me-in Wordfit

### Poem

#### Rainforests In Need

Rainforests are emerald green  
However human beings  
are very mean,  
Cutting harmless trees day  
by day,  
And no more rainforests are  
here to stay.

Trees give us the air we  
breathe.  
If you cut them down, oxygen  
you will not receive.

Save our rainforest,  
Many animals need to survive,  
Don't be so thoughtless  
Help these animals live  
their lives.

WE NEED YOUR HELP!

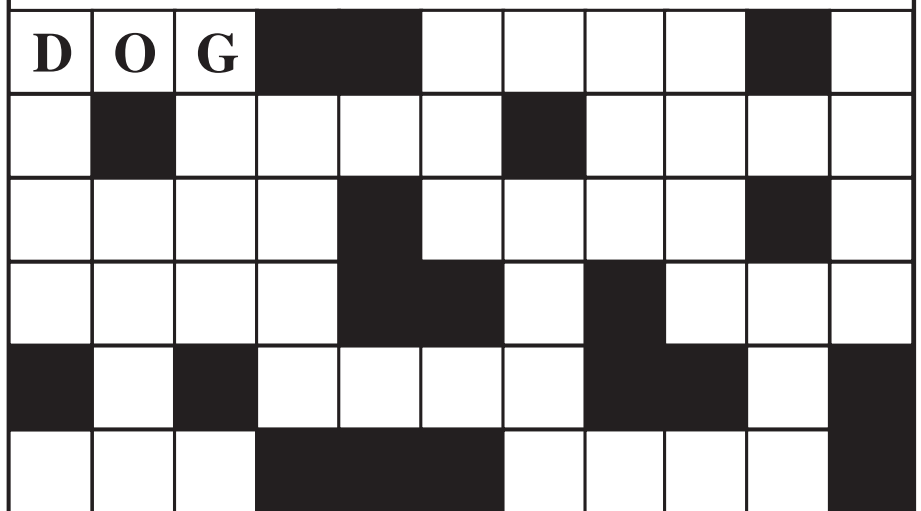
Sameera Ahmed, 10

#### 3 letters

GNU  
OWN  
SKI  
VEX  
YOU

#### 4 letters

DIPS  
GASP  
GOLF  
KITE  
LYNX  
NEXT  
OOZE  
OPEN  
PEAL  
PERU  
PITY  
POLE  
SOFA  
TWIN  
UNIT



# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

- 1 Green St Neighbourhood Clean Up Day** – Thurs 8 Oct, 9.30am-5pm, meeting at Boleyn Rd Community Garden. Help keep your area tidy, and join volunteers in tidying up the neighbourhood. For more information email [CN.GreenStreet@newham.gov.uk](mailto:CN.GreenStreet@newham.gov.uk) or call **020 3373 0857**.
- 2 Singin' Bout Our Generation** – Fri 2 Oct, 7pm, St John's Church, Broadway E15. Newham Super Choir sing the music of the 40s, 50s, 60s and 70s. Free. Refreshments available.
- 3 Older People's Day** – Thurs 1 Oct, 3pm, 55 Ruscoe Rd E16 1JA. A free information event celebrating the contribution made by older people to society. Refreshments available.

## A NEW EXHIBITION... AT DISCOVER

Discover Children's Story Centre in Stratford launch their new interactive family exhibition this month, entitled Michael Rosen's Bear Hunt, Chocolate Cake and Bad Things. Exploring the stories and poems of best-selling children's writer Michael Rosen, this exhibition opens Friday 16 October. Younger children will be able to join a Bear Hunt trail, while older kids can go on a fact-finding mission and create poems of their own to take home. Newham residents can enjoy the experience for £4.50, and under twos go free. For times, and to book, call **020 8536 5555** and for more information head online to [www.discover.org.uk](http://www.discover.org.uk)

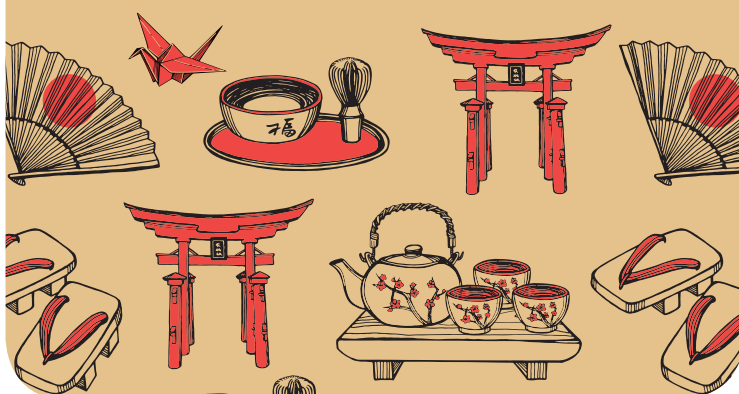


## TRY SOMETHING NEW... RAKU

Come along and try your hand at Raku Firing on Saturday 3 October, 11am-4pm at Cody Dock, E16 (a short walk from Star Lane DLR).

Raku is a traditional form of Japanese pottery, used for centuries and hugely influential on modern ceramics. On the day, kiln demonstrations and free ceramics workshops will be on offer for those who want to get involved.

You can see work made by artists using the kiln, which are currently on show in the Humble Gallery at Rosetta Arts Centre, inspired by the dock's location.



### Indicates free sessions

*Libraries unless stated*

#### UNDER-FIVES

**Toy Library**   
Introducing toddlers to borrowing toys. *Thurs, 10.30-11.30am, Beckton*

**Rhyme Time**   
*Mon, 4-4.45pm, Canning Town; Tues, 10.30-11.15am, North Woolwich; Thurs, 1.30-2.15pm, Custom House*

**Storytelling**   
*Mon, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10-11am, Sat 11.30am-1pm, Green St; Tues, 10.30-11.30am, Canning Town; Tues, 10.30-11.30am, The Gate; Tues 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10-11am, Manor Park*

### Stay and Play

Support for parents and carers to develop their child through play.

*Mon to Thurs 11am-12noon, Sat 12noon-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Weds 10am-12noon, Sat 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C*

**Music and Movement**   
Sessions for parents/carers and children. *Mon, 10.30-11.30am, Grassroots*

**Music and Rhyme** *Tues, 10.30-11.15am, Custom House* 

#### YOUNG PEOPLE

**Board Games Club (7-13yrs)**  
Play chess, Checkers, Ludo,  Pictionary and more. Term time. *Tues 4-5pm, Fri 4-5pm, Stratford; Thurs, 4-6pm, Custom House; Thurs, 4.30-6pm, North Woolwich; Thurs, 5-6pm, Green St; Sat, 2.30-4pm, Manor Park*

### Games Club (7-16yrs) ★

Sony PS3, Xbox360, Nintendo Wii, board games and more. Tues, 3.30-5.15pm, Custom House; Mon, 3.30-5pm, Plaistow; Thurs, 4-6pm, Canning Town; Wed, 3.30-5pm, Forest Gate

### Froud Young Project (7-16yrs) ★

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C.

### Arts and Craft Workshop (5+yrs) ★

Mon, Tue, Wed and Fri 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

### Young Readers Club (7-12yrs) ★

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Sat, 10.30am-12noon, Manor Park

### Children's Movie ★

#### Matinee (0-13yrs)

Sat 3.30-5.30pm, Green St

### Let's Start Sewing (7-16yrs) ★

Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email [theteam@kefoundation.org.uk](mailto:theteam@kefoundation.org.uk)

### Spelling Bee Club ★

#### (7-13yrs)

Mon, Tue, Thur and Fri, 3.30-4pm, Green St

### Spanish Club (7-14yrs) ★

Weds, 4-5pm, Beckton. Email [vane\\_macia@hotmail.es](mailto:vane_macia@hotmail.es)

### East Ham Youth Zone ★

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

### Homework Club ★

Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10am-12noon, The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St

Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham  
Weds, 3.30-5pm, Green St  
Thurs, 5.30-7.30pm, Stratford  
Fri, 3.30-5.15pm, The Gate

### Coffee Mornings ★

Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10-11.30am, Canning Town; Thurs 8 Oct, 10am-12noon, Stratford

### Do It Online (18yrs+) ★

Six or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon and Thurs 10am-12noon, The Gate; Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10am-12noon, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10am-12noon, Green St; Thurs, 10am-12noon, Katherine Rd C.C.; Wed, 10am-12noon, Plaistow;

### Knit & Natter (16yrs+) ★

Weds, 10am-12noon, Beckton; Fri, 10.30-11.30am, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

### ICT Surgery ★

IT advice for all ages. Weds, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

### Love Newham app ★

**drop-in** Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

### ICT Drop-in Session ★

Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

### Bingo Night (16yrs+) ★

Thurs, 6-7pm, Green St

### Safer Neighbourhood Team Drop-in ★

Tues 29 Sep, 11am-12.30pm, Custom House; Fri, 12noon-1pm, Stratford

### Deafroots Deaf Club

Opportunity to learn new and exciting things for

members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email [angel@deafroots.org.uk](mailto:angel@deafroots.org.uk) or text on 07985 242778.

### Support in Action ★

Thurs, 12noon-4pm, Jeyes C.C.

### Get on Target Business ★

**Advice Surgery** Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

### SpEC Speaking English with Confidence ★

Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Mon 10-11am, Weds 10-11am, Thurs 10-11am, Green St; Thurs 6-7pm, Stratford; Weds, 10-11am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton

### Chai and Chat Women Group (18yrs+) ★

For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

### Ebony East Steel Pan Academy ★

Tues, 4.30-6.00pm (11-16yrs); Weds, 3.30-5.30pm (8-11yrs), One Love Community Centre, 1 Bishops Ave, E13 0PU. Call 07565124701. £4, 1st session free

### Newham Steelband Sessions for beginners ★

Tues and Thurs, 6.30-8.40pm, Canning Town Caravanserai, 110-116 Silvertown Wy, E16. £4. To register call 07927 644 629

### Adult Reading Groups ★

Thurs 1 Oct, 6.45-7.45pm, Plaistow; Sat, 12noon-1pm, Green St. This month's book: Sharp Objects by Gillian Flynn

### Rabbits Rd Institute Conversation Club ★

Thurs, 3-4pm, Manor Park

### Together We Can ★

Fortnightly social group for

adults under 50 who have had a stroke. Fri 18 Sept, 2-4pm, Plaistow

### Life in the UK Classes

12wk course. Contact Franklyn on 020 8542 3904. ★

Weds, 10am-12noon, East Ham; Weds 12.30-2pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

### Tablet Takeover

Learn how to use tablets to email, shop, download and more – tablet provided for lesson. Mon, 12.30-1.30pm, Green St, £2. Call Darren on 07432 156 016.

### Cake Decorating ★

Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

### ESOL for Beginners ★

Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon and Fri 9.30am-12.30pm, Jack Cornwell C.C.; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

### ESOL for Absolute Beginners ★

Weds, 9.30am-2pm, Katherine Road C.C.

### The Book Club ★

Thurs 17 Sep, 6-7pm, Stratford. Contact library on 020 3373 0826 for this month's book.

### Workplace Drop-Ins ★

Wed 30 Sep, 2-4pm, Stratford. For more information please email: [rehana.b@newham.gov.uk](mailto:rehana.b@newham.gov.uk)

### Tea and Teach Event with Barclays Digital Eagles ★

Learn how to shop online, email, Skype watch TV online. Bring your own lap top or tablet. Thurs, 5-6pm, Green St

### Community Networking Mornings ★

Weds 30 Sep, 10am-12noon, The Gate

### Oral Health Drop-in ★

Thurs 1 Oct, 3-5pm, The Gate

### Table Top Sale

Sat 26 Sep, 9am-2pm, Jack Cornwell C.C. £5 per table.

ACTIVITIES  
AND SUPPORT



### Chess Club ★

Tues, 3.45-5.15pm, Beckton

## Grants Surgery

Guidance on applying for Let's Get The Party Started and Go For It grants. **Mon 5 Oct**, 3.30-5pm, Green St; **Thurs 8 Oct**, 4-6pm, Manor Park

## UEL Drop-in

**Tues 6 Oct**, 10am-12noon, The Gate

## Ward Panel Meeting

**Fri 7 Oct**, 6.30-8pm, Green St

## COMMUNITY ACTIVITIES



## Bumps and Babies

**(up to 1yr)** A free home-based meet up, **Weds**, 1-3pm for expectant parents and those with babies. Email [newham@nct.org.uk](mailto:newham@nct.org.uk)

## Meet and Greet

**Mums, Bumps and Babies**  
Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

## Mums2be Meetup

Information and support for expectant parents. **3rd Sat** of every month, 10-11am. Email [newham@nct.org.uk](mailto:newham@nct.org.uk)

## Royal Docks Learning & Activity Centre

**Mon**, Needlecraft, 10am-12noon, £2. **Tues**, Parent and Toddler Group, 10am-12noon, £1; **Bingo**, 10am-12noon, £1 **Wed**, Keep Fit, 10-11am, £2 **Employment 1-2-1 support**, by appointment. **Creche available** **Thurs**, Tai-Chi, £2, first session free, 10.30am-12noon; **Line Dancing**, £1, first session free, 1-3pm; **Mon-Fri**, After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools. **Mon-Fri**, Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 1666. Visit [www.rdlac.org.uk](http://www.rdlac.org.uk)

**Junior Volunteer Police Cadets (10-12 yrs, term time)**  
**Wed**, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

## Senior Volunteer Police Cadets (13-17 yrs)

**Wed**, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. **Thurs**, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

## BOXING AND SELF DEFENCE



## Modern Arnis (16yrs+)

**Tues**, 5-6pm, Jack Cornwell C.C

## Boxing (Newham College)

**Mon**, 5-6pm, East Ham College, High St South, E6

## Fight For Peace Boxing

**Mon to Fri**, 4-5pm 10-14yrs **Mon to Fri**, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

## Punch Out (16yrs+)

**Fri**, 4-5pm, Katherine Road C.C

## Newham Shoujin Karate

**Fri**, 6-7pm and 7-8.30pm. **Sun**, 10-11am. Under-15yrs £4, 18yrs+ £6, concs £5. Newham Leisure Centre, E13. Call 07508 070 638

## Docklands Shoujin Karate

**Mon and Wed**, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15s £4, 16+ £6, concs £5. UEL SportsDock. Call 07766 685 689

## Stratford Judo

Competition training, juniors (8-14yrs), **Tues and Thurs**, 6.30-8pm; seniors (15+yrs), **Tues and Thurs**, 8-9.30pm. Beginners, juniors (8-14yrs) **Wed**, 6.30-7.45pm; seniors (15+yrs), **Wed**, 7.45-9.15pm. From £2-£5 per class. Carpenters and Dockland Centre, 98 Gibbins Rd, E15. Call 07985 601 260.

## HEALTH AND FITNESS



## Tone-Tastic (18yrs+)

**Mon**, 2-3pm (free), **Fri**, 10.30-11.30am, (1.50), Field C.C

## Zumba

**Weds and Thurs**, 7-8pm, London Tamil Sangam Centre, 396 High St North, E12 6PG. £5. Call 07720 805 505

## Let's Yoga

**Thurs**, 6.30-7.30am, Grassroots, £5; **Sat**, 10am-12noon, Jeyes C.C, £1; **Wed**, 7-9pm, Jeyes C.C, £1; **Thurs**, 7-8.30pm, Field C.C, Free

## Lee Valley Cycling (12-25yrs)

**Wed**, 4.30-6pm, Lee Valley VeloPark, £5 or £50 for 12 wk course. Pre-booking essential, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

## Indoor Tennis

**Mon**, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

## Salsa Dancing (18yrs+)

**Tues**, 11.45am-12.45pm, Field C.C

## Ballroom Dancing (18yrs+)

**Thurs**, 2.30-4pm, Field C.C. Free; **Fri**, 8-9pm, Jack Cornwell C.C. £4

## Zumba

All ages and abilities. **Tues**, 10.30-11.30am, Field C.C (£1); **Mon**, 9.30-10.30am, Jack Cornwell C.C (£3); **Fri**, 9.30-10.30am, Jack Cornwell C.C (£2, over 50s free).

## Aerobic Exercise

Workout and body stretching **Tues**, 9.30-10.30am, Jack Cornwell C.C. £2

## Zumba fitness with Jess

**Tues**, 5-6pm, Focus E15, Brimstone House, 10 Victoria St, E15 4NX (Free); **Sat**, 10.30-11.30am, **Weds**, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE, £2.50. 07884951484

## SalsaPam Zumba (11+)

**Mon** 6.30-7.30pm, **Thurs** 6.30-7.30pm, Queens Rd West Community Centre, E13 0PE. £5 per session or £25 for a one month pass (approx. £3 per class)

## Mash It Up, Dancehall

**fitness** **Mon**, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE. £2.50.

## Nordic Walking

**Wed**, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; **Fri**, 6.30-

8pm. Meet at Newham Leisure Centre, E13; **Sun**, 10-11.30am. Meet at East Ham Leisure Centre, E6

## Unity Zumba

**Mon and Weds**, 8-9pm, Lister Room, East Ham Town Hall, E6. **Tues and Thurs**, 8-9pm, St Mark's C.C. **Sun**, 6.30-7.30pm, The Well C.C. Call 07886 884 573.

## 50+ ACTIVITIES



## Get Active, Get Healthy - Walk to the Park

**Mon**, 10.30-11.30am, Manor Park

## Age UK East London Nordic Walks (18+)

**Tues**, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 **Sun**, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

## Newham Striders

Daily walking group  
Call 0300 124 0123.

## Young at Heart Bingo Club

**Mon**, 12noon-4pm, £1. Jeyes C.C

## Ballroom Dancing

**Mon**, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

## Bingo (50+yrs)

**Thurs**, 7-9pm, Jack Cornwell C.C; **Mon**, 12noon-4pm, Jeyes C.C

## ICCAN

Faith based group with cultural activities. **Fri**, 12noon-2pm, Jeyes C.C

## Active & Connected

Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

**Active Centre 50+ Group**  
**Weds**, 12noon-4pm, Field C.C

## Dominos Group

**Fri**, 6-10pm, Field C.C

## Chair Based Yoga

**Tues**, 12.30-1.30pm, Manor Park

## Fifty Plus Men's Group

**Tues and Thurs**, 2-5pm,

## Katherine Road C.C.

### Forever Young

Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

### Pilates Classes

Tues, 9.30-10.30am, Field C.C.

### Happy Living Club

Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C.

### Holiday Spanish Club

Wed, 12.30-1.30pm, Manor Park

### Exercise for Fitness

Thurs, 10.30-11.30pm, Manor Park

### Get Active, Get Healthy

10 wk programme of workshops about health and wellbeing. Thurs, 10.30am-12.30pm at Hamara Ghar, 412-422 Green St E13. Thurs, 1-2pm (women), 2.30-3.30pm (men), Katherine Road C.C. Email CN.GreenStreet@newham.gov.uk or call 02033730857 for more information

## GREEN

### Green Gym

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

### Green Volunteering

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

### Gardening Thymes

### Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

### Grow Together Be Together

### Community Gardening Club

Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

## Caravanserai Garden

**Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

## DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

### Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

### Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

### Stunt & Tumble (14yrs+)

Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

## FEMALE SPORTS

### Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

### Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

### Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

### Girls Football (11-16yrs)

Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

### Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

### Just Play (14yrs+)

Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

### Women's Martial Arts

(16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

### Keepfit

Wed, 10am, £1, Chandos East Centre, E15. Call 07950 944 095

### Women's Badminton

Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment

provided. Call 07930 162 505

### Women United AFC (11yrs+)

Mon (term time), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

### Zumba and Tone

Tues, 1.15-2.15pm, £1. St Bartholomew's Church Hall, Barking Rd, E6. Call 07944 775 679

### Women's Bootcamp

Circuits Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4. Call 07956 944 252

### Ladies Only Keep Fit

Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15

### Sheila Yummy Mummy

### Buggy (16yrs+)

Mon, 10-11.30am, £5, Central Park, High St South E6 (meet outside café in the park). Fri, 10-11.30am, Plashet Park, Plashet Grv E6. Call 07908 614 958

### Zumba Fitness (16yrs+)

Mon, 6-7.30pm, 395 High St North, E12; Weds, 6.30-7.30pm, Unit 1 The Mews, Kempton Rd, E6. Contact 07508 222 752. £5

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Ability Club (14-25yrs)

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

### Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

### Sensory Play (U5yrs)

Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi. ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

## Swim for Families

### Dealing with Autism

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

### Support In Action (18yrs+)

Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C.

## RUNNING

### Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

### Run England

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

### West Ham Park Run

Sun, 11am. Meet at Central Park Keepers Lodge. Call 020 8257 4505

## SPORTS

### Indoor Tennis

Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

### Mini Tennis

Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs; Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle.daniel@activeNewham.org.uk

### Woodside Badminton Club

Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged. Carpenters and Docklands Centre, 98 Gibbins Rd, E15. Call 07956 150 240

### Indoor Cricket (8-16yrs)

Wed, 6-8pm, £2, Lister Community School, E13, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

### Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

### Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226 for information

### Ramgharia Badminton Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email [ramgarhia.bc@gmail.com](mailto:ramgarhia.bc@gmail.com)

### Lister Table Tennis Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

## FOOTBALL



### AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

### Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

### Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs,

6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

### Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

## BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

### National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

### NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email [sports@newham.ac.uk](mailto:sports@newham.ac.uk) or call 020 8257 4255

### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

### Newham All Star Sports Academy (NASSA)

Sessions £1 unless indicated. Juniors, Fri, 4-6pm Cumberland School, E13. National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School, E16. National league U18yrs, Tues, 8-10pm, Rokeby School, E16. National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock. National league U18yrs, Tues, 8-10pm, UEL SportsDock. Junior boys and girls, Sat, 10.20am-12.20pm, UEL SportsDock, £2. Call 07703 503 995. [www.nassasports.org.uk](http://www.nassasports.org.uk)

[nassasports.org.uk](http://nassasports.org.uk)

### Youngbloods Basketball

All sessions cost £1. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm, St Angela's School, E7. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm, St Angela's School, E7. U15/16yrs boys, Tues, 6-8pm, St Angela's School, E7. Thurs, 8pm, St Bonaventure's School, E7. U17/18yrs boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

### Basketball (15yrs+)

Thurs, 6-8pm, Newham Sixth Form College, E13. Free to Yr10/11 students and NewVlc students. £2 for others. Call Jemaine on 07876 874 191

## COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

**Thurs 1 Oct**, Mayoral Proceedings, 9am

**Thurs 8 Oct**, Investment and Accounts Committee, 6.30pm

**Thurs 8 Oct**, Standing Advisory Committee on Religious Education, 7pm

**Fri 9 Oct**, Development Control Members' Forum, Newham Dockside E16, 8am

## CONTACT THE MAYOR

### Here to Help sessions

Please register by attending the venue 30 minutes ahead of the advertised time. **Sat 26 Sep, 10am, The Gate, E7.** Thurs 1 Oct, 11am, Old Town Hall E15. **Thurs 8 Oct, 10am, Canning Town Library E16.**

### Telephone Surgery

**Wed 14 Oct.** Call 020 8430 2000 between 9.30-10.30am and leave your details. The Mayor will then phone you back at a later time.

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6

**Canning Town** Barking Rd, E16

**Custom House**

Prince Regent Ln, E16

**East Ham** 328 Barking Rd, E6

**Green Street** 337-341

Green St, E13

**The Gate** 6-8 Woodgrange Rd, E7

**Manor Park**

685-691 Romford Rd, E12

**North Woolwich**

5 Pier Parade, E16

**Plaistow** North St, E13

**Stratford** 3 The Grove, E15

**Archives and Local Studies** 020 3373 6881

**Community Outreach** 020 337 30813

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**

14 Balaam St, E13

**East Ham Leisure Centre**

324 Barking Rd, E6

**Newham Leisure Centre**

281 Prince Regent Ln, E13

**NewVlc** Prince Regent Ln, E13

**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre**

14 Manor Wy, E6, 020 7511 1214

**Field Community Centre**

147 Station Rd, E7

020 8536 2800

**Grassroots Centre** Memorial

Park, Memorial Ave, E15

020 3373 0650

**The Hub** 123 Star Ln, E16

020 3373 0750

**Jack Cornwell Community**

**Centre** Jack Cornwell St, E12

020 8553 3459

**Jeyes Community Centre**

1 James Cl, E13, 020 8548 9788

**Katherine Rd Community**

**Centre** 254 Katherine Rd, E7

020 8548 9825

**St Mark's Community Centre**

218 Tollgate Rd, E6

020 7511 1214

**Vicarage Ln Community Centre**

Govier Cl, E15, 020 8519 0235

**The Well Community Centre**

49 Vicarage Ln, E6, 020 7586 7070



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Newham London




**Sunday 1 November 2015**


**FREE** fireworks display

Wanstead Flats, Centre Road, Forest Gate E7

Gates open: 5.30pm Display: 6.30pm

[www.newham.gov.uk/fireworks](http://www.newham.gov.uk/fireworks)

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